

Wellness and Recovery Activities Plan

Write yourself a plan for wellness

Wellness and Recovery Activities are things you DO to feel better physically, emotionally, and spiritually. They can be as powerful in your recovery as medications you TAKE. Below is a list of common wellness and recovery activities. Many people in recovery do one or more of these activities regularly.

Write your own plan for wellness. Choose one or more things to try. In the space provided, say what you will do. You can use the blank space at the bottom to write additional ideas. Make changes in your plan as needed. You may want to share your plan with your provider.

Plan	Activity
Exercise (such as: walking, sports, dancing)	Play some music I like and dance for at least 3 songs every day.
Care for a pet or service animal	Relax by petting my cat every day.
Spend time with friends and family	Once a week visit my friend Tammy, and do one fun thing together.
Exercise (such as: walking, sports, dancing)	
Mind/body practices (such as: meditation, yoga)	
Practice spirituality (such as: prayer, attend church)	
Eat healthy food	
Try herbs, roots, or supplements	
Keep busy (work, school, volunteer, garden, read, hobbies)	
Care for a pet or service animal	
Keep a journal or diary	
Spend time with friends and family	
Express myself in creative activities (music, art, writing, acting)	
Avoid alcohol and street drugs	
Use peer support group or program (mental health, AA, NA)	
Use an alternative healer	
Other	
Other	